

Basic Report 10110, Pork, fresh, variety meats and by-products, liver, raw

Report Date: September 20, 2019 06:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	4.0 oz 113g
Proximates				
Water	g	71.06	20.15	80.30
Energy	kcal	134	38	151
Protein	g	21.39	6.06	24.17
Total lipid (fat)	g	3.65	1.03	4.12
Carbohydrate, by difference	g	2.47	0.70	2.79
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	9	3	10
Iron, Fe	mg	23.30	6.61	26.33
Magnesium, Mg	mg	18	5	20
Phosphorus, P	mg	288	82	325
Potassium, K	mg	273	77	308
Sodium, Na	mg	87	25	98
Zinc, Zn	mg	5.76	1.63	6.51
Vitamins				
Vitamin C, total ascorbic acid	mg	25.3	7.2	28.6
Thiamin	mg	0.283	0.080	0.320
Riboflavin	mg	3.005	0.852	3.396
Niacin	mg	15.301	4.338	17.290
Vitamin B-6	mg	0.690	0.196	0.780
Folate, DFE	µg	212	60	240
Vitamin B-12	µg	26.00	7.37	29.38
Vitamin A, RAE	µg	6502	1843	7347
Vitamin A, IU	IU	21650	6138	24464
Lipids				
Fatty acids, total saturated	g	1.170	0.332	1.322

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	4.0 oz 113g
Fatty acids, total monounsaturated	g	0.520	0.147	0.588
Fatty acids, total polyunsaturated	g	0.870	0.247	0.983
Cholesterol	mg	301	85	340
Amino Acids				
Other				